ICCPUD Interagency Coordinating Committee on the Prevention of Underage Drinking

TURNING DATA INTO ACTION:

A User's Guide to the Report to Congress on the Prevention and Reduction of Underage Drinking

THE FACTS TELL THE STORY.

Prevention of underage drinking and its consequences is possible. Alcohol use by people under age 21 has significantly declined in the past two decades due to prevention efforts at the federal, state, and local levels.[1] But even with this progress, alcohol continues to be the most widely used substance of abuse among American youth, with a higher proportion using alcohol than tobacco, marijuana, or other drugs.[2]

The Report to Congress on the Prevention and Reduction of Underage Drinking (RTC), along with the State Performance and Best Practices report and state-specific reports, serves as a resource for creating data-driven and evidence-based policies and programs to reduce and prevent underage drinking. The following is a brief overview of the reports and a breakdown by audience for how to find and use the information they contain.

Report to Congress (RTC)

Provides the latest research and data on the nature and extent of underage drinking in the United States, the progress that has been made in reducing underage drinking, details on the federally coordinated approach to underage drinking prevention with a description of programs and policies, and a report on the national prevention media campaign for adults/parents, "Talk. They Hear You."

State Performance and Best Practices (SPBP)

Describes best practices and promising approaches in prevention, intervention, treatment, enforcement, and research including 26 legal policies; analyzes data collected from all 50 states and the District of Columbia on state enforcement of underage drinking laws and prevention programs, collaborations, and expenditures; and compares states' performance in reducing underage drinking.

State Reports (SR)

Contains state-specific data on underage drinking, legal policies, state enforcement and prevention activities, and information on state expenditures on substance abuse and treatment.

[1] Center for Behavioral Health Statistics and Quality, SAMHSA. (2020). *Key substance use and mental health indicators in the United States: Results from the 2019 National Survey on Drug Use and Health.* Retrieved from https://www.samhsa.gov/data/release/2019-national-survey-drug-use-and-health-nsduh-releases

[2] U.S. Department of Health and Human Services (HHS), SAMHSA. (2018). Report to Congress on the Prevention and Reduction of Underage Drinking. Retrieved from https://www.stopalcoholabuse.gov/resources/reporttocongress/rtc2018.aspx

DATA-DRIVEN PREVENTION IN YOUR COMMUNITY

Communities, Coalitions, Concerned Parents

Get Informed.

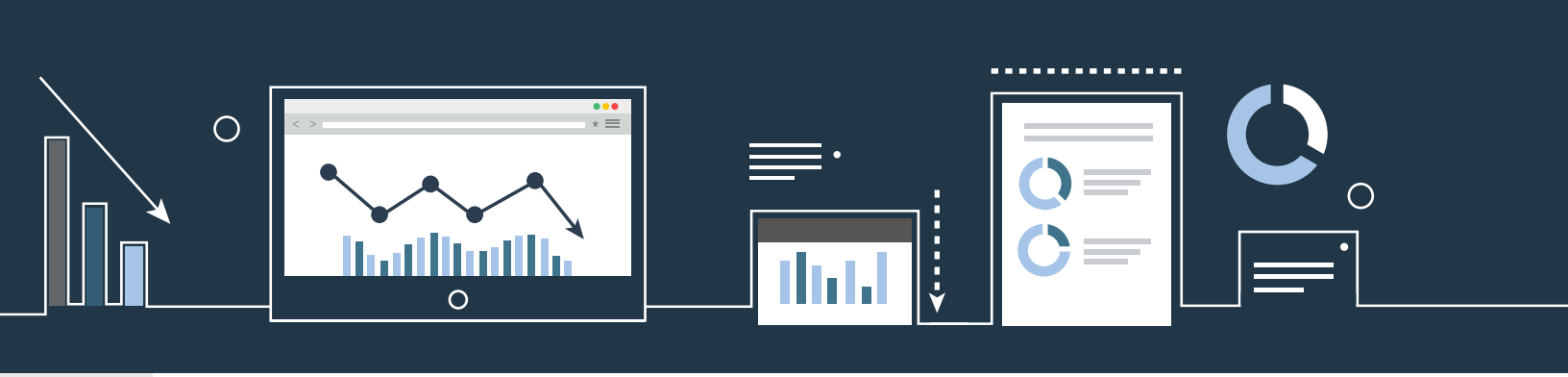
- Learn about the most recent research about the prevalence and risks associated with underage drinking to support your prevention efforts.
- Learn about the national prevention media campaign "Talk. They Hear You." to draw public attention to the important role parents and caregivers have in preventing and reducing underage drinking.

Be Prepared.

- Identify available ICCPUD agency resources, such as websites and media campaigns, to use in your underage drinking prevention programs and initiatives.
- Identify underage drinking prevention programs operated or funded in your state to make sure you are taking advantage of all available resources.
- Develop a data-driven approach to prevention in your community using the information in the RTC about successes of existing national and state programs and policies. Learn more about successful underage drinking prevention programs to develop or strengthen your own plans and strategies, and incorporate these tools into policies and guidelines.

Take Action.

- Use the information in these reports to plan for and implement evidence-based policies, programs, and practices to prevent or reduce underage drinking.
- Educate local policy makers and community leaders, and collaborate with local coalitions to apply for resources and grants.
- Educate stakeholders about the risks to the community caused by underage drinking and share how your state's underage alcohol-related death rate compares with other states.



State and Local Government Agencies, Public Health Officials, Law Enforcement

Get Informed.

- Learn what evidence-based policies can be implemented in your state to reduce and prevent underage drinking.
- Learn about your state's performance in creating, enacting, and enforcing laws, regulations, and programs to reduce underage drinking. Compare this activity to other states to identify opportunities to improve underage drinking prevention efforts.

Be Prepared.

- Identify areas where your state can improve underage drinking prevention responses by comparing your state's data to national and state averages on six key performance indicators.
- Identify ways to create interagency coordination within your state by looking at how other states have facilitated such collaborations.

Take Action.

- Improve your local programs based on examples of successful statewide programs targeted to youth, parents, and caregivers.
- Demonstrate the value of underage drinking prevention resource investment by sharing outcomes or highlighting positive impacts.

Federal Agencies

Get Informed.

- Understand the current status and consequences of underage drinking in the United States.

Be Prepared.

- Analyze the data to determine the work that still needs to be done to strengthen federal underage drinking prevention efforts.

Take Action.

- Implement innovative prevention efforts or fine-tune existing efforts to address underage drinking trends as identified by the latest epidemiological and trend data taken from federal surveys.
- Build upon opportunities to increase or enhance interagency collaboration on underage drinking prevention.

PREVENTION IS AN ONGOING EFFORT!

Understanding the nature and prevalence of alcohol misuse, as well as progress in prevention is essential to identifying and implementing effective solutions.

PREVENTION WORKS! HELP BE A PART OF THE SOLUTION.

Get Informed. Be Prepared. Take Action.

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SAMHSA
Substance Abuse and Mental Health Services Administration

ICCPUD
Interagency Coordinating Committee on the Prevention of Underage Drinking